

IDAHO CONTENT STANDARDS
GRADE 5-6
PHYSICAL EDUCATION

Standard 1: Skilled Movement

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 1.1: Demonstrate competency in motor skills and movement patterns needed in a variety of physical activities.	5-6.PE.1.1.1 Demonstrate mature form in all locomotor patterns, non-locomotor and basic manipulative patterns.	5-6.PE.1.1.2 Demonstrate a variety of skills in complex situations of selected movement forms.	5-6.PE.1.1.3 Demonstrate beginning strategies for invasion, wall/net, fielding/striking and target games.			

Standard 2: Movement Knowledge

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 2.1: Demonstrate understanding movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.	5-6.PE.2.1.1 Apply concepts, conditioning and practice principles to improve performance in specific settings and situations.	5-6.PE.2.1.2 Transfer information between skills.	5-6.PE.2.1.3 Identify and utilizes offensive and defensive strategies in different settings and situations.			

Standard 3: Physically Active Lifestyle

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 3.1: Participate daily in physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	5-6.PE.3.1.1 Participate daily in physical activities in and out of class to gain more control over the decisions affecting their everyday living. (Recommended by NASPE: At least 60 minutes and up to 2 hours per day with several bouts of physical activity lasting 15 minutes.)	5-6.PE.3.1.2 Recognize physical activity as a positive opportunity for social and group interaction.	5-6.PE.3.1.3 Seek personally challenging experiences in physical activity.	5-6.PE.3.1.4 Monitor and assess time spent in physical activities.		

Standard 4: Personal Fitness

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 4.1: Achieve and maintain a health enhancing level of fitness.	5-6.PE.4.1.1 Participate in and monitor moderate to vigorous physical activity in a variety of settings.	5-6.PE.4.1.2 Modify strategies to achieve personal fitness goals.	5-6.PE.4.1.3 Work independently with minimal supervision to achieve personal fitness goals.			

Standard 5: Personal and Social Responsibility

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 5.1: Exhibit responsible and social behavior that respects self and others in physical activity settings.	5-6.PE.5.1.1 Take personal responsibility for adhering to rules, procedures, safe practices, and appropriate use of time.	5-6.PE.5.1.2 Work cooperatively in competitive and non-competitive activities.	5-6.PE.5.1.3 Respect and recognize the uniqueness and differences of oneself and others.			